



"Celebrating 40 Years of Carina"

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b> Sodium (mg): Na*	<b>5</b> Sodium (mg): Na*	<b>6</b> Sodium (mg): Na*	<b>7</b> Sodium (mg): Na*
Cheeseburger 384 Potato Wedges 27 Chuckwagon Veg. 2 HB Bun 230 Pineapple 1	Beef Stew w/ Veg. 277 Boiled Potatoes 51 Oatmeal Roll 121 Applesauce Cup 15	Grilled Chicken Parm. 426 Fettuccine 3 Broccoli 12 Scali Bread 310 Banana 2	Sweet n' Sour Meatballs 214 Fluffy Rice 36 Green Beans 3 WW Bread 160 Pound Cake 240	Cheese Omelet w/ Salsa 411 Hash Browns 136 Zucchini & Summer 3 Squash Fruit Muffin 160 Orange Juice 0
Total Sodium: 644 Calories: 724 Carbs: 83	Total Sodium: 464 Calories: 578 Carbs: 66	Total Sodium: 753 Calories: 615 Carbs: 103	Total Sodium: 654 Calories: 580 Carbs: 75	Total Sodium: 710 Calories: 580 Carbs: 72
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
BBQ Pork Patty 280 Baked Beans 36 Hot German Slaw 81 Corn Bread 280 Peaches 5	Buttermilk Chicken 459 Parslied Mashed Potatoes 53 Tuscany Blend Veg. 56 Multigrain Bread 190 Chocolate Chip Cookie 171 Diet: Low Sugar Cookie	Tuna Sandwich 408 Pasta Salad 56 Beet Salad 173 Sub Roll 162 Pineapple 1	Roast Turkey w/ Gravy 373 Sour Cream & Chive 92 Mashed Potatoes Winter Squash 11 Whole Wheat Roll 160 Apple 1	Ziti w/ Meat Sauce 164 Peas 82 Oatmeal Roll 121 Pears  4
Total Sodium: 682 Calories: 500 Carbs: 76	Total Sodium: 929 Calories: 738 Carbs: 99	Total Sodium: 800 Calories: 469 Carbs: 66	Total Sodium: 638 Calories: 584 Carbs: 93	Total Sodium: 371 Calories: 552 Carbs: 74
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
No Meals Served 	"Catch of the Day" 180 Florentine Sauce 109 Whipped Sweet Potato 33 Chickpea Blend Veg. 52 Honey Wheat Bread 135 Mandarin Oranges 6	Chicken Cantonese 154 Pineapple Rice 35 Multigrain Roll 190 Chocolate Pudding 191 Diet: Low-Sugar Pudding 100	Meatloaf w/ Onion Gravy 350 Cheesy Mashed Potato 80 Glazed Carrots 83 Potato Bread 120 Mixed Fruit 10	Crustless Chicken Pot Pie 273 Oven Browned Potatoes 33 Biscuit 340 Flavored Applesauce 15
	Total Sodium: 515 Calories: 380 Carbs: 61	Total Sodium: 570 Calories: 538 Carbs: 71	Total Sodium: 643 Calories: 526 Carbs: 84	Total Sodium: 661 Calories: 510 Carbs: 61
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Mac n' Cheese 404 Escaloped Tomatoes 143 Dinner Roll 210 Fresh Orange  0	Grilled Chicken w/ 320 Greek Sauce 118 Orzo & Rice Pilaf 173 Green Beans & Red Peppers 68 WW Bread 160 Peaches 5	American Chop Suey 211 Trio Blend Veg. 15 Onion Roll 260 Strawberry Cheesecake 320 Diet: Low Sugar Cake 210	Turkey a La King 215 Garlic Mashed Potatoes 53 Peas & Carrots 80 Oatmeal Bread 121 Pears 4	Fish Nuggets 150 Tartar Sauce 261 Potato Wedges 27 Beans Bonanza 39 Multigrain Bread 190 Pineapple 1
Total Sodium: 757 Calories: 604 Carbs: 82	Total Sodium: 844 Calories: 530 Carbs: 69	Total Sodium: 694 Calories: 596 Carbs: 93	Total Sodium: 471 Calories: 530 Carbs: 74	Total Sodium: 668 Calories: 629 Carbs: 82
<b>31</b>	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	<b>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</b>  For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.	We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.  Congregate Meal participants may take home packaged bread, desserts and milk.	
Total Sodium: 853 Calories: 596 Carbs: 71				

\* Indicates a food with more than 500 mg sodium.

Please inform Coastline if you have any food allergies.

\*\*\*Consumers should anticipate frequent menu substitutions due to supply chain shortages.\*\*\*

**Your voluntary \$2 donation today, provides more meals tomorrow.**